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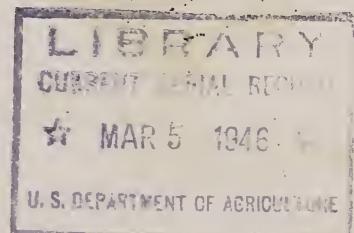
MONTHLY



INDUSTRIAL NUTRITION SERVICE

For employee publications, and individuals and groups promoting nutrition education

U. S. DEPARTMENT OF AGRICULTURE
Production and Marketing Adm.
Western Union Building
Atlanta 3, Georgia



Oranges, grapefruit, breakfast cereals, and wheat flour are abundant in January. Egg supplies are increasing too. Add them all up and they make a good breakfast.

By the way, did you eat a good breakfast this morning? Or did you grab a bite and run for the bus? Too many of us are eat-and-runners. We just fail to allow the few extra minutes which a good breakfast requires. Too few of us begin to understand why a better breakfast is so important to our morale, our day-long efficiency, and to our safety.

Breakfast for Safety

In an ordnance depot, 1,000 consecutive accidents were analyzed in 1943. The greatest number of these accidents occurred between 11 a.m. and noon. Little or no breakfast had been eaten by the workers who had the accidents.

Lowered efficiency on your job results when you have had an inadequate breakfast, or no breakfast at all. Increasing hunger during the morning hours leads to nervousness, lessened judgment, inattention to work, and fatigue. The "eleven o'clock log" means less efficiency and more accidents.

To House Organ Editors: These articles may be included in your plant publication. Select those which will interest your readers.

Start The Day Right

Between supper and breakfast there are at least 12 hours. Eight hours may be spent in sleeping, but it takes energy even for sleep, although not as much as for work. An average worker will use 500 calories of energy while sleeping, another 500 calories in the waking hours between supper and breakfast. In the total of 1,000 calories in energy he has used about one-third of his daily requirement. Morning is the time for him to break his fast and refuel his body with the foods required to supply the energy he needs.



Don't Breakfast Like a Bird

Dr. M. H. Manson, Medical Director of American Telephone and Telegraph Company, has written an article on breakfasts in which he states: "Breakfast can be something to wake up for as well as something to stay awake on... You can't have what modern living takes if you only prime your body with a cup of hot coffee in the morning... it's like opening furnace drafts without putting in any fuel."

Coffee is warming, comforting, and stimulating -- but it takes plenty of nutritious food along with it to make a breakfast that will keep one at the peak until lunchtime.

What is a Good Breakfast?

Here's a pattern for a breakfast that you will enjoy and that will provide what your body needs:

<u>What?</u>	<u>Basic 7 group</u>	<u>How Much?</u>
Citrus fruit or tomato juice	2	4 oz. or more
Cereal (whole-grain or restored) with milk	6	1 oz. dry weight $\frac{1}{2}$ cup
Egg	5	1 or 2
Bread (whole-grain or enriched)	6	2 slices or more
Butter or fortified margarine	7	$\frac{1}{4}$ oz. (1 pat)

Why This Breakfast is Good

The breakfast pattern shown above provides one-fourth to one-third of your day's energy needs. It supplies the essential nutrients for body functions and repair. These are:

Citrus fruit or tomato juice are rich in Vitamin C. This vitamin is often lacking in the industrial worker's diet. If we don't eat citrus fruit for breakfast it is difficult to include enough

Vitamin C in the other meals. Citrus fruits or tomato juice are a breakfast "must."

Eggs furnish iron for hemoglobin of the blood, Vitamins A and B, and provide an excellent quality protein for body tissues.

Cereal and breadstuffs supply needed energy. Use whole-grain or enriched cereals, flour and bread for additional minerals and vitamins.

Milk is the best food source of calcium for strong teeth and bones. It supplies Vitamin B₂ (riboflavin). Use it generously on your cereal and drink it as a beverage.

Butter and fortified margarine supply Vitamin A and make the breakfast toast and breads taste good.

When you add bacon, ham, or sausage to this breakfast pattern, you add favorite foods high in fat which gives "staying" power because fats digest slowly.



Health authorities agree unanimously that a better breakfast means better health. In an article entitled Starting the Day Right, Robert S. Goodhart, Surgeon (R) USPHS, Chief of the Industrial Feeding Division, Production and Marketing Administration, U. S. Department of Agriculture, explains that with an adequate breakfast an employee is bound to be a better worker and a happier, healthier individual. Dr. Goodhart says: "Great strides have been made in arousing public interest in better balanced meals, but much work remains to be done. In particular, this business of breakfast needs more and continuous emphasis if the three-part job of improving worker health, lowering accident rates, and raising efficiency is to be brought to a higher degree of success."

Scientists have been working on better food for industrial workers. The findings were recently published in The Nutrition of Industrial Workers, Second Report of the Committee on Nutrition of Industrial Workers, Food and Nutrition Board, National Research Council, Washington, D. C. Problems being studied by the Committee include:

- 1) Food needs of workers in different industries.
- 2) Ways of conserving food nutrients in large quantity cookery.

- 3) The value of vitamin-fortified foods.
- 4) Ways of informing workers of scientific developments in food and nutrition.



One way to see that all members of the family get a good, adequate breakfast is to allow enough time. Neither children nor grown-ups should grab a bite and run. Only 15 minutes need be set aside for a good breakfast -- one that gives much greater return to grown-ups and children alike than a few extra minutes in bed.

Remember that a breakfast of orange juice and black coffee doesn't keep you slim. Hunger will slow down your pace by mid-morning and you are likely to eat a lunch which will more than make up for calories saved. Nervousness and irritability due to hunger can take a toll, too. So, to that fruit juice and coffee breakfast, add an egg, a slice of whole-wheat toast or a bowl of cereal with milk for a nutritious, low-calorie breakfast with staying power.

Turkeys Are Plentiful

Half turkeys are available in many markets. Here's how to roast them:

1. Remove pin feathers, singe, and wash thoroughly.
2. Draw the skin closely over the breast meat. Tie the leg to wing tips near the tail.
3. Rub the bird lightly with salt. Cover with a clean cloth which has been dipped in melted fat.
4. Roast at a constant temperature of 300° F. for $1\frac{1}{2}$ to 2 hours or until about half done.
5. Allow 1 cupfull of stuffing for each pound of turkey. Heap over one-half the stuffing on a piece of wax paper, lay in the roasting pan, cover with the turkey.
6. Recover the turkey with the greased cloth and continue cooking until tender. Allow 25 to 30 minutes per pound total cooking time.
7. Place the turkey on a heated serving platter, and serve the stuffing in a separate dish.

FOOD - ON - THE - JOB HERE AND THERE

A small optical equipment plant in Hollywood where work demands keen eyesight, steady hands and nerves, and dexterity, provides its employees with a well-balanced lunch at a low cost. The lunch consists of meat, vegetables, dessert, and a beverage and is varied each day. Ninety-eight percent of the workers patronize the cheerful, home-like cafeteria.

Mill workers at Southern States Cooperative's cafeteria in Baltimore select more nutritious lunches than office workers. Here, too, good nutritious food is offered at low cost.

Desk workers, were you sleepy and tired yesterday afternoon because you didn't eat a good lunch? Check up on the eating habits of the office "grouse." More than likely a scanty breakfast, or no breakfast at all is the cause of the irritability. Poor eating habits just do not pay!



Eat A Good Breakfast To Start
A Good Day

For more information about the National Institute of Child Health and Human Development, please call the NICHD Information Resource Center at 301-435-2936 or visit the NICHD Web site at www.nichd.nih.gov.